




Read

1st min. sec.  
2nd min. sec.

# Psychology Answers Your Questions



Do you think you have a unique problem?  
Chances are that many other people have the  
same problem. Psychology is the study of the  
human mind and behavior, so it can help you  
find a solution to your problem.

5

---

psychology chances are that behavior

## How do I become less nervous?

It was five minutes before Jisu's big presentation in front of the whole class.

5 Feeling nervous, Jisu was carefully studying her notes in her chair.

Then, her teacher came over and told her to stand tall like Wonder Woman. After standing tall for a few minutes, Jisu did not  
10 feel nervous anymore. In fact, she was confident that she would make a great presentation. According to Amy Cuddy, a famous psychologist, we can become more confident just by standing  
15 tall for two minutes before stressful events. Our bodies change our minds, and our minds can change our behavior. Do you want to feel confident? Stand with your feet apart, and place your hands on your hips.  
20 You will not only feel sure about yourself but also look confident to other people.

**Q1** Why did Jisu feel nervous?

confident    apart    hip

**Think & Share** When do you feel nervous?

